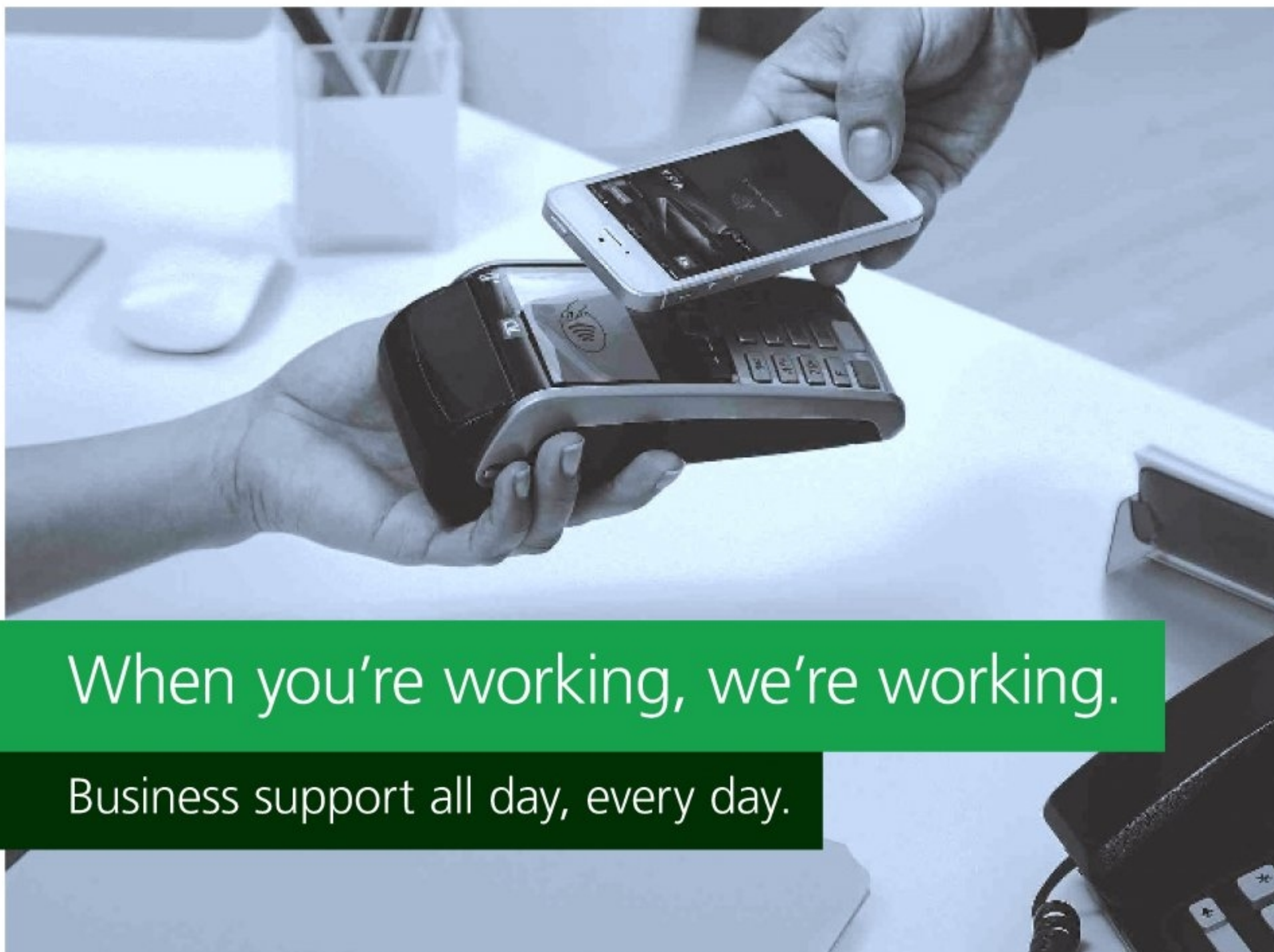


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METRO
NEWS

Halifax metro



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32%

PC

41%

LIB

25%

NDP

New poll shows Liberals out in front heading into Week 2 **metroNEWS**

Nova Scotia  Votes

'Big majority' wants set election date

CAMPAIGN

**65% of those
polled want
government
to make shift**



**Zane
Woodford**
Metro | Halifax

A new poll shows two thirds of Nova Scotians want fixed election dates.

Forum Research surveyed more than 1,000 people, and 65 per cent said Nova Scotia's next government should develop fixed election dates for future campaigns. Twenty-one per cent said the next government shouldn't develop fixed election dates, and 14 per cent said they didn't know.

"We're not going to get 100 per cent on any question in public opinion polling, but 65 is a big, big majority, so there's strong support for the fixed election," said Lorne Bozinoff, president and founder of Forum Research, in an interview.

The polling research was being made public on Monday.

Nova Scotia is the only province in Canada without fixed election dates, and Bozinoff



It does make people think, 'Well gee, Nova Scotia is a bit out of step with everybody else.' Lorne Bozinoff

said that fact, which was part of Forum's question to those polled, may affect people's opinions on the subject.

"It does make people think, 'Well gee, maybe Nova Scotia is a bit out of step with every-

body else, and maybe this is a good idea that we should also adopt,'" Bozinoff said.

While Nova Scotians may wish they had fixed election dates, the poll also shows that they agree with the time chosen

by Stephen McNeil's Liberal government for this particular election. A majority of those polled, 54 per cent, said now is the right time for the election, and 31 per cent said it wasn't.

Forum's poll used a telephone survey of 1,042 randomly selected Nova Scotians, conducted on May 2 and 3, 2017. The results are considered accurate to within three percentage points, 19 times out of 20.



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These students are a cut above

GOOD WORKS

Millwood High School's efforts raise over \$21K for cancer cause



Yvette d'Entremont
Metro | Halifax

During Friday's lunch hour at Millwood High School, more than 100 students gathered near the front lobby to watch and cheer on fellow students getting haircuts for charity.

The two male and two female students submitted to scissors and clippers to participate in Shave for the Brave, an annual fundraiser for Young Adult Cancer Canada.

In the past six years, 80 students from the Middle Sackville high school have had their heads shaved for the charity.

In that time, Millwood students have also raised more than \$21,000 for the organization, which focuses its efforts on young adults between the ages of 15 to 39 who are dealing with a cancer diagnosis.

This year, Grade 11 students Lauryn MacDonald and Grace Day decided to take on the task of co-organizing the event as last year's organizers had graduated.

Both are also involved in leadership and other activities at the school.

After their heads were com-



Millwood High School students Grace Day, left, and Lauryn MacDonald after getting their hair cropped short last Friday for the school's annual Young Adult Cancer Canada fundraiser.
YVETTE D'ENTREMONT/METRO

pletely shaved, the two male students, Nathaniel Coolen-Jewers and Wyatt Masterman, said they were happy to be sporting a bald look for a good cause.

MacDonald and Day both got their hair tied back into long ponytails, at which point

they were cut off. Volunteer hairdressers then gave them much shorter, stylish cuts.

Their long tresses will be donated and made into wigs for young women who've lost their hair while undergoing cancer treatment.

"We have raised thousands of dollars for the organization and continue to participate because Young Adult Cancer

Canada raises money for youth who are the same age as us students. This is my third time donating 10 inches of my hair,"



it's just hair. It grows back. And someone needs it more than you.
Grace Day

MacDonald said.

"I first cut my hair in honour of my grandmother who passed away due to ovarian cancer. I then participated again inspired by my aunt who is a breast cancer survivor.

"This year I am participating again because I enjoyed the event so much the last time."

This marked Day's third year as a participant and her second getting her hair cut for the charity.

"Two of my grandparents actually passed away from cancer so I first got involved because I thought it'd be kind of nice to do it in memory of them and to help other people," Day said.

"I'd encourage other people to just go for it. It sounds scary to say I'm going to cut my hair or shave my head.

"But really it's just hair. It grows back. And someone needs it more than you."



NOMINATE

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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Meet Mr. Green Thumb

AGRICULTURE

Immigrant showcases his gardening skills at urban farm



Nicole Gnazdowsky
For Metro | Halifax

Amber Bhujel set an ambitious goal for himself last August as he planted his garden — to keep things growing throughout the winter.

Despite the enviable levels of snow he would face, and having never grown in such conditions before, Bhujel, through years of experience of trial and error with agriculture, was confident with the right care, his plot at the Common Roots Urban Farm in Halifax would provide him with fresh food year around.

He was right.

This winter the Nepali-Bhutanese immigrant successfully grew a garden of mustard seed and cilantro by building a makeshift greenhouse out of sheets of plastic, sticks and bricks.

Bhujel comes from a long line of farmers in Bhutan; He lived as a refugee in Nepal for almost 20 years before moving to Canada in 2011.

"When I was in a Nepali



Amber Bhujel, a Nepali-Bhutanese immigrant, has been growing mustard greens, kale, and cilantro in his two handmade greenhouses during the winter at the Common Roots Urban Farm in Halifax. **HALEY RYAN/METRO**

refugee camp, every couple of months we used to get a chance to go on these agriculture trips, where we would get

taught what to grow in winter, what not to grow in winter," said Bhujel through a translator on Sunday.

He also said Americans would send their seeds to Nepal and he would have to test which seasons these seeds grew best in, teaching himself about the important role climate plays on agriculture.

Bhujel came to the Urban Farm through the program, Deep Roots, with Immigrant Services Association of Nova Scotia. He began by volunteering an hour or two of his time to help out around the farm, before taking on a plot of his own.

"When I first arrived here and I saw this plot of land, I

+ CHECK IT OUT

You can purchase freshly grown produce by Amber Bhujel and the many farmers at Common Roots, as well as your gardening essentials at the farmers market stand on the corner of Bell and Robie streets.

It's open Tuesday through Thursday from 11:30 a.m. to 5:30 p.m.

got such a surge of energy that I thought that I could virtually grow anything on this plot," Bhujel said.

Jayne Melrose is the project director at Common Roots Urban Farm and said the diverse knowledge immigrant farmers bring to the garden creates a community who not only help each other produce food, but learn from each other as well.

"It's partly because they lived in amazing subsistent farming communities in Bhutan, and then in the refugee camps, because it was such small quarters, their ability to grow a lot in small spaces became very skilful. So now when we look through the garden and we see some of the members of the community that are growing, it's amazing," said Melrose.

Melrose describes Bhujel and the other immigrant farmers as a sort of wisdom keepers, and the farm will be hosting an array of workshops for the community to learn from these individuals throughout the summer.

HIGHWAY 104

Collision injures 2 people

Two people suffered serious injuries and were taken to hospital in Halifax following a head-on crash on a Nova Scotia highway.

The RCMP say around 8:30 a.m. Saturday, a small car lost control, and crossed the centre line into the path of an oncoming pickup truck, on Highway 104 at Barney's River.

A male and female inside the car suffered serious injuries and were taken to hospital in Halifax.

A passenger in the pick-up suffered minor injuries, while the driver wasn't injured.

The highway was closed for several hours as police investigated. **METRO**

ALLEGATIONS

Police chief suspended with pay

A police chief in Nova Scotia has been suspended with pay for 60 days after being charged with sexually assaulting a 17-year-old girl.

The police commission in Bridgewater passed a motion during a closed meeting Thursday to suspend John Collyer, on the same day it was announced he was facing charges.

Collyer, 53, was placed on administrative leave by the commission in August after the province's Serious Incident Response Team confirmed it was investigating the alleged sexual assault.

THE CANADIAN PRESS

"I think we were really lucky with the crew we got because we now know some amazing gardeners, and Amber is one of them. Jayme Melrose

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Premier polling behind own party

Survey of more than 1,000 Nova Scotians by Forum Research shows a 14 per cent difference between support for the Liberals and if Stephen McNeil would make the best premier.

ZANE WOODFORD METRO HALIFAX

The Liberal party is in the lead heading into the second week of Nova Scotia's election campaign, but according to new polling numbers, the three party leaders are neck and neck.

The poll of more than 1,000 Nova Scotians by Forum Research shows 41 per cent of decided and leaning voters said they'd cast their ballot for the Liberals.

The Progressive Conservatives have 32 per cent support, and the NDP have 25 per cent.

When it comes to which of the three main party leaders Nova Scotians believe would make the best premier, the numbers are closer.

Premier Stephen McNeil and PC leader Jamie Baillie are nearly tied, with McNeil at 27 per cent, Baillie at 25 per cent, and NDP leader Gary Burrill at 17 per cent.

As for which leader Nova Scotians trust most, the numbers are even closer. Burrill has the lead with 24 per cent, with McNeil close behind at 22 per cent and Baillie at 20 per cent.

"There's not much to differentiate the three leaders," Lorne Bozinoff, president and founder of Forum Research, said in an interview.

The poll results are to be released on Monday.

But McNeil's numbers

WHO WOULD MAKE THE BEST PREMIER?



25%

PC leader Jamie Baillie



17%

NDP leader Gary Burrill



27%

Premier Stephen McNeil

Nova Scotia PC leader Jamie Baillie, NDP leader Gary Burrill and Liberal leader and Premier Stephen McNeil. THE CANADIAN PRESS FILE

could be better, he said, with the premier polling well behind his party.

"It does say something when you're the sitting premier and you don't do super well on that," Bozinoff said.

The poll also found 38 per cent of Nova Scotians think the province is headed in the wrong direction, and 22 per cent think it's headed in the right direction.

That number isn't as alarming for the Liberals as it might sound though, according to Bozinoff.

"That number is being shared by both the Tory supporters and the New Democrat supporters," he said. "It's not good, but it's not super bad either."

To tap into that dissatisfaction, the two opposition parties will need solid platforms on the big issues for voters, he said.

According to those polled by Forum, those issues are health care (identified as the dominant election issue by 32 per cent of voters) and the economy and jobs (17 and 14 per cent each, combining to 31 per cent).

"(The opposition parties) have to show clearly superior platforms, demonstrably superior platforms in those two areas to be successful," Bozinoff said.

Forum's poll used a telephone survey of 1,042 randomly selected Nova Scotians, conducted on May 2 and 3, 2017.

The results are considered accurate to within three percentage points, 19 times out of 20.

HALIFAX GREEN NETWORK

The Halifax Green Network Plan is nearing the final phase of development and we are seeking your input. Join us at an upcoming public meeting to discuss the draft directions for protecting a region-wide network of open space lands and waters and help us shape the future Green Network:

Monday, May 15	6 - 8 p.m.	NSCC Waterfront Campus (Presentation Theatre), 80 Mawiomi Place, Dartmouth
Tuesday, May 16	6 - 8 p.m.	Atlantica Hotel Halifax (Guild Hall), 1980 Robie Street, Halifax
Wednesday, May 17	6 - 8 p.m.	École Secondaire du Sommet (Auditorium), 500 Larry Uteck Boulevard, Halifax
Wednesday, May 31	7 - 9 p.m.	Sir John A. MacDonald High School, 31 Scholars Rd, Upper Tantallon
Wednesday, June 7	6 - 8 p.m.	Musquodoboit Valley Bicentennial Theatre & Cultural Centre, 12390 Hwy 224, Middle Musquodoboit
Thursday, June 8	6 - 8 p.m.	Sheet Harbour Lions Club, 183 Pool Rd, Sheet Harbour
Monday, June 12	6 - 8 p.m.	Old School Community Gathering Place, 7962 Highway #7, Musquodoboit Harbour

The newly released Halifax Green Network Plan Primer Report and background materials can be found at: halifax.ca/HalifaxGreenNetwork

HALIFAX



If these were the results on Election Day, I think the Liberals would be happy. Lorne Bozinoff, president and founder of Forum Research



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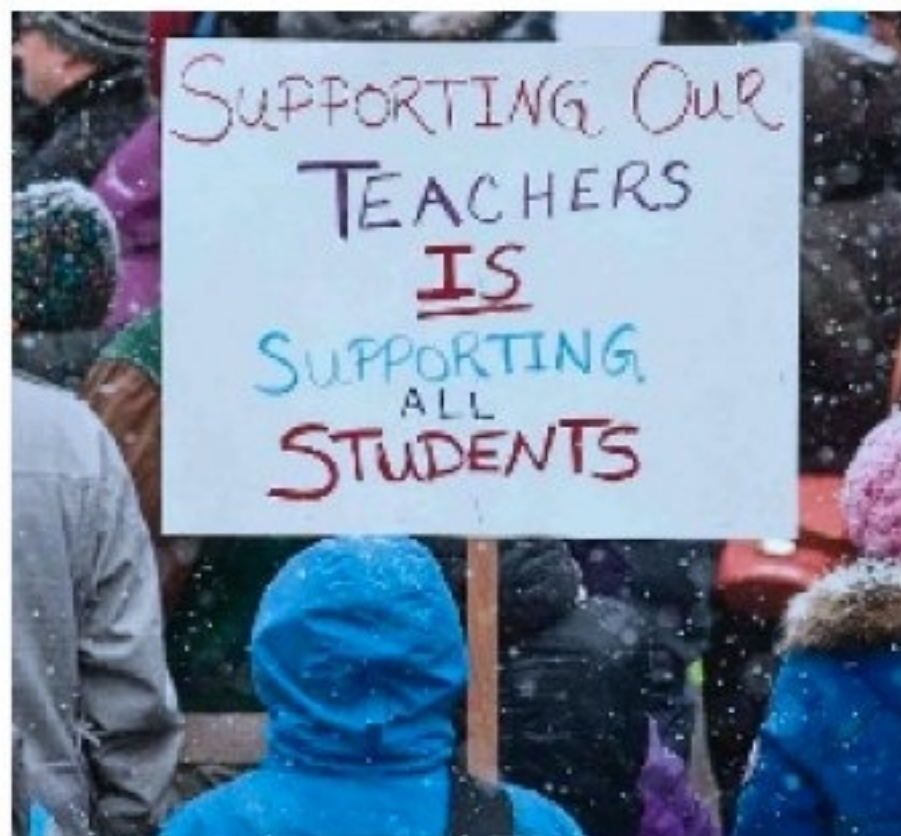
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A sign from a Parents for Teachers rally in February.
JEFF HARPER/METRO

NDP woos teachers

SCHOOLS

Burrill vows to kill Bill 75, introduce class-size caps

In the first full weekend of campaigning, Nova Scotia's New Democrats took aim at the Liberal government's rocky track record with teachers.

NDP leader Gary Burrill pledged to revoke a controversial bill that imposed a contract on the province's 9,300 public school teachers and reopen negotiations with the union.

"Bill 75 is such an anti-democratic piece of legislation that it's not a bit of an exaggeration to say that it's immoral," he told reporters Saturday after a lively campaign rally at the NDP headquarters in Halifax. "People have to have the right to free and fair collective bar-

gaining."

Burrill, a United Church minister running in Halifax Chebucto, also promised to introduce class-size caps for all grades at a cost of \$9.3 million a year if elected May 30.

In addition, he said an NDP government would hire more classroom support workers like psychologists and speech pathologists.

Burrill said the "small army of educational specialists" would cost \$7 million a year.

The NDP campaign commitment on education comes after the province's Liberals outlined plans this week to launch a pre-primary pilot program for about 750 four-year-olds across the province.

Liberal Leader Stephen McNeil said the program would be rolled out this fall in 30 locations, mostly in existing schools, with 25 children and two early childhood educators per class. THE CANADIAN PRESS

CAMPAIGN DIARY | PARTY PROMISES

PC pledge to double rural road maintenance budget

Progressive Conservative leader Jamie Baillie is pledging to increase the rural road maintenance budget to \$32 million, up from \$16 million. The Tory investment in rural and secondary roads would go towards shoulder and ditch upkeep, guardrail improvements, pavement patching, gravel patching and grading, brush cutting

and ditch draining, Baillie said.

Liberals vow to cut red tape for small business

The Liberals are promising to reduce regulatory costs for small business by \$25 million by the end of 2018. Premier Stephen McNeil also committed to hiking the income ceiling for small businesses to \$500,000 from \$350,000. THE CANADIAN PRESS

CAMPAIGN TRAIL

Health care is emerging as top issue

As Nova Scotia's party leaders fanned out across the province Sunday, health care emerged as the top campaign issue.

A rally on the downsizing of medical services in Cape Breton ignited debate among the leaders, with Premier Stephen McNeil defending the Liberal government's track record.

In an open letter to the Cape Breton Medical Staff Association, McNeil stressed that the Northside General Hospital in North Sydney will not be closing and that emergency room physicians pay will not change. He said changes to health care under the Liberals have curbed administration costs and directed resources towards patients.

Progressive Conservative candidate Alfie Macleod said the doctor's rally in Sydney Mines shed light on the health care crisis in Cape Breton.

Tory leader Jamie Baillie said Nova Scotia has a list with 100,000 people waiting for a family doctor. In addition, he said the Liberal government failed to make mental health care a priority.

NDP leader Gary Burrill attended the Cape Breton health-care rally and made stops in Glace Bay, New Waterford, and Sydney.

He spoke with doctors and residents at the rally to learn more about their health care concerns and "mainstreeted" with the party's local candidates in the area.

THE CANADIAN PRESS

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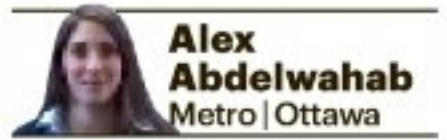
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Canada battles the rain

WEATHER

A weekend of heavy weather soaks residents coast to coast



Alex Abdelwahab
Metro | Ottawa

It was a weekend of constant rainfall, evacuation orders and stories of kindness and generosity, as Canadians across the country grapple with dangerously rising levels of floodwaters.

In Ottawa's Constance Bay, resident Melissa Lepage was among more than a dozen people working hard to stack sandbags around her neighbour's house, even using a canoe to transport sandbags across the flooded lawn.

"We lost everything downstairs. We couldn't keep up with it. The water was just coming up," Lepage said, adding the insurance company has already told her family it won't cover the damages. "We're living paycheque to paycheque. We won't have money to fix the house."

In Gatineau, Que., more than 1,500 volunteers came out



Residents paddle a boat past a submerged car in a flooded area of Gatineau, Que., on Sunday.

ADRIAN WYLD/THE CANADIAN PRESS

Sunday to fill sandbags at the Campeau arena.

Quebec has been hardest hit, with nearly 1,900 flooded homes in roughly 130 municipalities, from the Ontario border in the west, to the Gaspé peninsula.

Hundreds of members of the Canadian forces have been deployed into communities across the province, several of which are under a state of emergency.

Public Safety Minister Ralph Goodale said no other province had so far requested military help, but forces personnel, including reserves, are on stand-by across the country.

The situation in Ontario seems to be "generally stabilizing," although there are many unstable local circumstances, he said.

Some parts of New Brunswick recorded more than 150 milli-

metres of rain after a nearly 36 hour non-stop downpour.

A weather station northeast of Saint John measured 155 millimetres of precipitation from late Friday to early Sunday.

In British Columbia, the worst was thought to be over Sunday after floods and mudslides wreaked havoc in the Interior over the weekend.

WITH FILES FROM THE CANADIAN PRESS

FOCUS ON FAMINE

Moms help moms in famine-struck areas



Gilbert Ngabo
Metro | Toronto

A trip to East Africa last fall changed Danny Glenwright's perspective on the famine crisis affecting millions of people.

The executive director of Action Against Hunger Canada was visiting various projects the charity group runs in the region, helping to build resilience in communities affected by food shortage and drought. That's when he realized the crisis was inflicting more burden to women and young mothers.

"You see moms walking miles from across the desert with their babies," he said, describing a semi-nomadic lifestyle that forces people to move around searching for water. "It's shocking. There's just not been so much attention paid to some of these places and the issues they're facing."

His organization wants Canadian mothers to know about the plight of these women — and to lend a helping hand. A

DETAILS

■ The United Nations says it needs \$4.4 billion to avert the full-blown famine situation in South Sudan, Somalia, northern Nigeria and Yemen. As of mid-April, only \$984 million had been secured.

■ You can help — visit: actionagainsthunger.ca



Danny Glenwright, executive director of Action Against Hunger. EDUARDO LIMA/METRO

new campaign, Care for Mom, is working with yoga studios and gyms across the country to drum up a "mother to mother" support.

Glenwright said the goal of the campaign is to introduce Canadian mothers to the issue of food insecurity that's affecting other mothers, and that they can make a difference.

The United Nations has already declared a state of famine in some parts of South Sudan, and has warned that three other countries — Somalia, northern Nigeria and Yemen — could soon fall into the same situation if humanitarian efforts are not increased.

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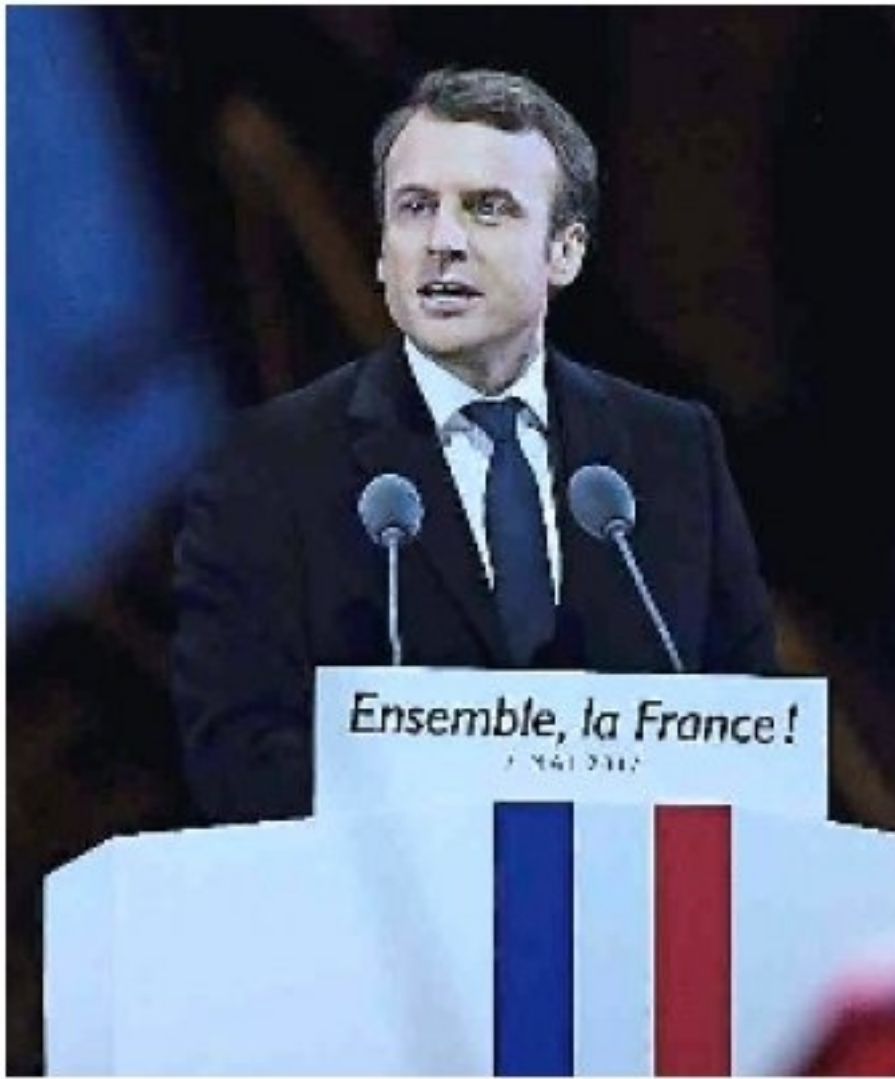


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Emmanuel Macron won the French presidential election on Sunday. GETTY IMAGES

'France has won'

ELECTION

Pro-EU Macron will be nation's youngest ever president

Ripping up France's political map, voters elected independent centrist Emmanuel Macron as the country's youngest president Sunday, delivering a resounding victory to the unabashedly pro-European former investment banker and strengthening France's place as a central pillar of the European Union.

At a victory party outside the Louvre Museum in Paris, Macron supporters roared with delight at the news, waving red, white and blue tricolour flags. The jubilant crowd swelled to thousands as the night wore on.

"A new page in our long history is opening tonight. I want it to be one of hope and renewed confidence," Macron said.

Marine Le Pen, his far-right opponent in the presidential runoff, quickly called the 39-year-old Macron to concede defeat after voters rejected her "French-first" nationalism by a large margin. Macron, in a solemn televised victory speech, vowed to heal the social divisions exposed by France's acrimonious election campaign.

"I know the divisions in our nation that led some to extreme votes. I respect them," he said.

"I know the anger, the anxiety, the doubts that a large number of you also expressed. It is my responsibility to hear them."

The result wasn't even close: With four-fifths of votes counted, Macron had 64 per cent support to Le Pen's 36 per cent.

Le Pen's performance dashed her hopes that the populist wave that swept Donald Trump into the White House and led Britain to vote to leave the EU would also carry her to France's presidential Elysee Palace.

Macron's victory marked the third time in six months — following elections in Austria and the Netherlands — that European voters shot down far-right populists who wanted to restore borders across Europe. The election of a French president who championed European unity could also strengthen the EU's hand in its complex divorce proceedings with Britain.

"France has won!" Macron said in an address to supporters. "Everyone said it was impossible. But they did not know France!"

Saying Le Pen voters backed her because they were angry, he vowed: "I will do everything in the five years to come so there is no more reason to vote for the extremes."

Many French voters backed him reluctantly to keep out Le Pen and her National Front party, which has a long anti-Semitic and racist history.

THE ASSOCIATED PRESS

82 girls freed in Nigeria

Five Boko Haram commanders were released in exchange for the freedom of 82 Chibok schoolgirls kidnapped by the extremist group three years ago, a Nigerian government official said Sunday, as the girls were expected to meet with the country's president and their families.

The confirmation of the prisoner swap came a day after the young women were liberated. The official spoke on condition of anonymity as he was not authorized to speak to reporters on the matter.

There was no immediate com-



Some of the recently freed girls in Abuja, Nigeria. AP

ment about the exchange from the Nigerian presidency or Boko Haram, which has links to Daesh.

THE ASSOCIATED PRESS

Police involved as Czech Girl Scout faces threats

The Czech Interior Ministry says that police are taking steps to ensure the security of a Girl Scout after a photo showing her confronting a neo-Nazi group went viral.

The ministry's Center Against Terrorism and Hybrid Threats says the move was prompted by threats against 16-year-old student Lucie Myslikova that appeared on Facebook.

THE ASSOCIATED PRESS



Lucie Myslikova talks to a protester last week.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION How can I politely turn down toasting the bride?

Dear Ellen,

I'm going to a close friend's wedding in June and he wants me to give the toast to the bride. I told him I have severe stage fright, but he insists. Is there a polite way to get out of it and still stay friends with him and his wife-to-be?

Thanks,
Mr. Terrified

Dear Mr. Terrified,

You are in good company. According to the Internet, singers Lorde and Adele have both been known to throw up before going on stage. British actor Stephen Fry got so scared about performing in a play in London's West End in 1995 that he fled the country and ended up in Bruges, Belgium. He needed 17 years before he was ready to get back onstage. Another British actor, Laurence Olivier, fought off paralyzing stage fright by standing backstage and furiously addressing the audience as "you bastards!"

I'm sure your stage fright is just as real as theirs, but there's no need to repeat such behaviours. If your stage fright is bad enough to make you vomit, want to

flee the country or erupt in profanities, then the polite thing to do is tell your friend you can't toast the bride for medical reasons — and then produce a doctor's note. Seriously, if you're that incapacitated, it wouldn't hurt to see someone and talk about it.

But if it's just normal performance anxiety, which

most human beings have in one form or another, then you have to swallow your pride and do it anyway.

It doesn't matter if you're tongue-tied, awkward and bound to make a fool of yourself. People love that kind of disastrous display at weddings. And no matter how ridiculous you look or feel, the speech itself can still be a

resounding success.

All you need to do is prepare. Write your speech ahead of time and practice delivering it. If you don't know what to write, ask for help from a witty friend who also knows and loves the bride and groom, or use a professional wedding speechwriter, which you can find online at weddings.ca or any number of other websites (it's a growing business, which only proves my point that this is a very common problem). Look at samples of their work and make sure they fit your budget. If you decide to use someone, and they're any good, they'll interview you about your relationship to the couple and draft something you can deliver with pride.

Finally, here's the advice I give myself when I'm nervous about speaking to a group: "It's not about you, you narcissistic idiot! Stop thinking about yourself, and stick to the material!"

Rather rude, but as long as you restrict it to quiet, personal use, you are most welcome to it.

Need advice?
Email Ellen:
askellen@metronews.ca



Art: Carville

Are black female writers valued in Canadian media?



Vicky Mochama
Metro | Toronto

As a black female writer, the decision by journalist and activist Desmond Cole to leave the Toronto Star's opinion pages has left me thinking.

In his blog post, Cole wonders if other black writers in Canada will have a chance to thrive.

Specifically, he shouts out black women, who face more barriers than he does, he told me by phone.

I asked a few black women whether they felt they could work in Canadian media.

"Honestly, I feel like I can but I also feel I have to censor myself a bit, you know?" said Brnesh Berhe, a writer from Edmonton.

Septembre Anderson, a former journalist, didn't feel like she could at all: "I've realized that there is only space in Canadian media for moderate black men journalists and have moved on to greener pastures."

The ones who are sticking with journalism aren't hopeful about Canadian media. "I think that Canadian media particularly doesn't value racialized writers," said Brittany Amofah. "We're disposable or used for a particular thing/column. But not perhaps as an ongoing voice."

Many of them spoke on the pressure to be a capital B black voice. I know I waver between resisting it and taking advantage of the opportunities

I'm given, even when they're racialized.

"Canadian media was too white and marginalizing. When they did want me to write it was always really in a way that pigeonholed me as 'a Muslim woman,'" said Sarah Hagi, a writer for Vice Canada. Hagi is one of the few black women who has a job in media, but she credits American publications for her freelance work.

Amani Bin Shikhan said, "There are unspoken assumptions that come with the territory of being a culture writer who also happens to be a black, Muslim woman, but it's in Canadian media that I feel those limitations on what I can say — and how I can say it — most."

These are some of the subtle and overt ways that anti-black racism works.

It's the pressure to lower one's voice. It's having your platform shrunk. It's the shifting sands on which one is meant to build. It's in picking between work you love and doing what is right.

Cole's treatment at a publication I have trusted and the experience of brilliant black women leave me with unease. My question isn't so much if black — and racialized — writers in Canada will get the space to be a multiplicity of identities.

That I am one of a few black writers with a large platform is not a credit to me. It's an indictment of an industry that does not value black voices.

My question is: Can someone tell me how many of us are allowed in?



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Pet insurance handy for some

PERSONAL FINANCE

But owners divided over worth of monthly fees

Monica Finlay's childhood yellow Labrador, Amy, had a few surprise accidents that cost her parents a lot of money.

"She blew out her ACL and that was really expensive," Finlay says. "Then, right at the end of her life, she blew out her other ACL."

That experience is partly why she and her husband have been spending \$45 a month for pet insurance since they got their German shepherd mix, Ozzie, about six years ago.

Pet insurance plans cover some veterinary costs, but pet owners are divided on whether they're worth it.

Medical costs over an animal's lifetime can be steep.

Cats cost their owners at least \$100 a year, while dogs cost at least \$200, according to the British Columbia Society for the Prevention of Cruelty to Animals. Those numbers only cover routine visits and don't take into account emergencies, which can add up to thousands of dollars.

Monthly fees vary depending

on factors such as the animal's breed, age and location, as well as what the plan covers. Owners can choose from accident, illness and wellness coverage, which covers the routine visits most plans don't.

Plans often have a combination of a maximum payout amount each year, a deductible (an amount the owner must pay before the insurer pitches in) and a co-pay (a percentage of the bill the owner is responsible for). Many plans won't cover future costs for pre-existing conditions.

Fees vary. But the average yearly cost of insuring an adult cat for accident and illness coverage with Pets Plus Us, for instance, is \$370, while for a dog the cost nearly doubles to \$734.

It's estimated only about one to three per cent of all domestic cats and dogs in the country have some type of insurance, like Finlay's dog Ozzie.

Finlay says insurance has covered Ozzie's roughly \$2,500 of annual medical costs since they discovered he has allergies to about 22 things, including beef, chicken and wool.

"It would have been really cost prohibitive to keep him if we didn't have pet insurance," she says, adding the insurer pays 90 per cent of those costs save for a one-time \$500 deductible.

But not all pets need such



Monica Finlay, seen hanging out with her dog Ozzie in Guelph, Ont. has been spending \$45 a month for pet insurance since they got their German shepherd mix about six years ago. HANNAH YOON/THE CANADIAN PRESS

expensive, ongoing care and the monthly fees could add up to more than what the insurer needs to pay.

Michelle Van Dyk-Houghton chose not to insure her dog Brooke or her cat Ginger after weighing the monthly cost of insurance versus the potential savings. Instead, she and her husband set aside \$100 to \$200 a

month for animal care and draw on those funds when needed.

"If we don't need it, then it's money that we still have," she says.

Not all pet owners are able to take out insurance though.

When Marli Vlok's first guinea pig fell ill with what she believes was fibrous osteodystrophy, a metabolic bone disease, she paid

more than \$900 for Ember's teeth to be trimmed three times and about \$700 for a visit to a specialist.

She looked into pet insurance for her other guinea pigs, but couldn't find a plan that would cover them.

Vlok routinely shells out between \$40 and \$70 for vet visits and has paid about \$300 for two

sets of X-rays for Onyx.

She says she keeps about \$500 on hand for vet purposes at all times, but would prefer to pay for insurance.

"They're one of those pets that you have a very good chance that they'll be absolutely healthy," she says. "But when things go wrong, it's expensive wrong."

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Cultural slights in the spotlight

ART

Indigenous groups say appropriation is an old battle

The work of Toronto painter Amanda PL is infused with bright colours and bold outlines often associated with an Indigenous art style.

But for many of those familiar with the Woodland School of Art, as the genre is also known, it smacks of cultural appropriation by a young artist with no claim to the tradition.

Outrage over Amanda PL's work has renewed debate over who has the right to use and profit from specific customs.

It's a decades-old problem that is only gradually being understood in a field where ideas and images are continually borrowed, traded and re-invented, say observers.

B.C. lawyer Vanessa Udy says the broader public seems to be becoming more sensitive to possible cultural slights.

But the onus of identifying them falls on the person who finds it offensive, and that can be difficult to determine and articulate at times.

There's no easy formula to apply when feelings are hurt — Udy notes each case requires a nuanced evaluation.

"Is it a person from a group who is in power over a group that is more dispossessed? Does the commodification of their culture put down their culture? Will it create negative stereotypes in the eyes of others?" explains Udy, an intellectual

property lawyer who returned to school after seven years of practice to study aboriginal law.

"That's part of the problem of cultural appropriation, and why people don't always seem to get it is because it is an intellectually demanding process to go through in analyzing each case."

The Toronto gallery that planned to exhibit Amanda PL's work was quick to cancel when two complaints came in, says co-owner Tony Magee, who adds he's now fielding complaints from those angered by the cancellation.

"We didn't make our decision (to cancel) out of political correctness. We didn't do it as caving to pressure. We did it because we opened our eyes," says Magee, whose shop opened in January.

"It's really offensive to have people accuse us of caving in and not being willing to stand up for what we believe in. Well, we are standing up for what we believe in."

Amanda PL has said her work was inspired by the Woodland school and has acknowledged a similarity to the work of Anishinaabe artist Norval Morrisseau.

The problem for many is that she's white, and seems to have made no effort to consult with the Anishinaabe community even after vociferous protest.

The flap follows an uproar at the Whitney Biennial last month, when Brooklyn, N.Y.-based artist Dana Schutz came under fire for her abstract painting *Open Casket*.

It depicts the mutilated face of lynching victim Emmett Till at his 1955 funeral. The work sparked outrage among sev-



Toronto artist Amanda PL's work (right) and Norval Morrisseau's painting *Androgyny*, which hangs in the ballroom at Rideau Hall in Ottawa (above). Amanda PL has acknowledged that her work bears a similarity to that of Morrisseau's. For those steeped in the Woodland School of Art, as the genre is known, Amanda PL's work smacks of cultural appropriation by a young artist with no claim to the tradition. THE CANADIAN PRESS/TORSTAR NEWS SERVICE

eral African-American artists offended that a white woman would tackle the subject, especially since it was a white woman whose unfounded accusations led to Till's murder.

The Whitney has refused to remove the painting, saying the museum provides a platform to explore critical issues.

But the difference here is that Schutz created the work as a reaction to last year's Black Lives Matter protests, notes Magee. She has also said she has no intention of selling it.

There's certainly room for

culture to be borrowed, shared and reinvented, says the man in charge of Indigenous art at the National Gallery of Canada.

"Knowledge of cultural tenets and beliefs move back and forth across cultures through history. That's probably a good thing," says Greg Hill, who is of Mohawk descent and from the Six Nations of the Grand River Territory.

"It becomes a problem when things are borrowed or taken and they're used out of context or they're misunderstood, they're not understood and



they're unknowingly or purposefully used in an inappropriate way."

He points to strict rules with-

in various cultural groups about who can do what, and who has the right to inherit stories and imagery.

"These things are passed down from generation to generation. It's really ignorant to just come in and take something and not acknowledge when it's being pointed out to you that there might be a problem with what you're doing," says Hill, senior Audain curator of Indigenous art.

He points to the collaboration between Métis artist Christi Belcourt and the fashion house of Valentino as one example of how things can go right. The Italian designer incorporated images from one of Belcourt's paintings into his 2016 Resort line, which included shorts, halter tops and dresses.

"She was contacted. She was compensated and credited," says Hill.

This debate is not new.

Fashion designer Marc Jacobs was forced to apologize last September after ending New York Fashion Week with a runway show of models in wigs that looked like dreadlocks.

Just last week, the creators of a series of costumes planned for the Toronto Caribbean Carnival apologized for incorporating headgear styled after sacred Indigenous headdresses.

Udy, currently preparing an article on the issue for the French language publication *Revue l'Argument* out of the University of Ottawa, says there are no legal mechanisms outside of copyright and intellectual property to deal with such a grey debate.

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Late Show host Stephen Colbert steps out of his normal persona to warn viewers about the dangers of Trump's policies. RICHARD BOETH/CBS VIA THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

No laughing matter for hosts

THE SHOW: Late Show with Stephen Colbert and Jimmy Kimmel Live, May 1

THE MOMENT: Pushing it

"Something happened to my family last week," Jimmy Kimmel begins his monologue, his voice breaking. He relates how his baby son Billy was born April 21 with a heart disease and needed costly emergency surgery. He's uncharacteristically emotional.

He concludes with a plea for universal health insurance: "If

your baby is going to die and it doesn't have to, it shouldn't matter how much money you make. No parent should ever have to decide if they can afford to save their child's life." The audience applauds.

"Let me introduce you to the Tiffany Way," Stephen Colbert begins his monologue. "When you insult one member of the CBS family you insult us all." He objects to how Donald Trump insulted journalist John Dickerson in a TV interview. It's uncharacteristically angry.

"You're turning into a pricktor," Colbert addresses Trump. "You attract more skinheads than Rogaine. The only thing your mouth is good for is being Putin's c— holster." The audience gasps.

I don't think it's mere coincidence that both hosts broke character on the same night—which happened to be the 102nd day of Donald Trump's presidency. With the "first 100 days" hoopla over, grim reality had settled in.

The policies Trump is pursuing threaten people's human

rights, their health and the planet (via climate change and nuclear war). And he's undermined the news media successfully enough that reporting these dangers has become difficult.

In very different ways, these two men stepped out of their normal personas to warn their viewers: This is no laughing matter.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Canadians spring for asparagus

FRESH HARVEST

Nutrient rich, abundant crop is an industry success story

Owen Roberts
Urban Cowboy



Odds are the fresh Ontario asparagus you now see in stores — the first stock of the season — is tasty Guelph Millennium. It's become a popular local food, a made-in-Ontario success story, credited by farmers for breathing life into what's become a \$30-million crop.

"If not for Guelph Millennium, we would not have a viable industry in Ontario today," says Bernie Solymar, executive director of the Asparagus Growers of Ontario. "That's the bottom line."

May is shaping up to be a great month for asparagus, Ontario's earliest commercial field crop. Warm spring days have arrived, and varieties such as Guelph Millennium are leaping out of the ground.

In fact, once asparagus breaks through the soil, farmers say you can actually sit and watch it climb skyward. Indeed, it can grow as much as 25 cm in a single day.

When it reaches its peak, about two weeks from now, farmers will have their hands full — literally, because they harvest the crop by hand, with a knife. It grows so fast that on hot days they have to cut it twice a day.

But they really don't mind. It's money in the bank.

To farmers, a crop's output, called "yield," is vital. To stay afloat, farmers have to be profitable. One way they do it is by growing high yielding crop varieties.

For asparagus farmers, that's



The asparagus you are cooking this week was probably grown, harvested and prepared similar to the way Charles Welsh (top right) does at Welsh Bros. Farm near Scotland, Ont. MAIN PHOTO ISTOCK, ALL OTHER PHOTOS LANCE MCMILLAN /FOR METRO



FACTOIDS of FARMING

Tasty in any colour

When asparagus surfaces each year, it turns green once it's exposed to sunlight, thanks to photosynthesis. Farmers can disrupt that process by mounding soil on top of it, as it starts to shoot through the ground. Depriving the plant of sunlight causes it to stay white. Besides green and white asparagus, some markets also feature asparagus with a gene that makes it purple.

What's that smell?

If your pee smells odd after eating asparagus, pat yourself on the back. The Asparagus Farmers of Ontario say the smell comes from

"sulfurous amino acids" that are released from the vegetable during digestion, which only one quarter of people can smell. If you sense a funny fragrance, it says, "That means you're not only normal, you have a good nose."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



FARM links

More about asparagus online

■ **Recipe ideas using asparagus**
asparagus.on.ca/recipes

■ **Where to buy asparagus seed**
asparagus.on.ca

■ **Where to buy local asparagus**
asparagus.on.ca/buy-local

■ **Take our poll**
In addition to being healthy and abundant, asparagus can be part of a variety of dishes. What is your favourite way to cook asparagus? Visit metronews.ca to weigh in.

where Guelph Millennium comes in handy. Its yield per acre is double that of older asparagus varieties. That makes growing asparagus attractive to farmers.

In fact, in Ontario, acreage has increased to 3,400 acres — up 700 acres in just the past four years. And Guelph Millennium comprises 100 per cent of the new asparagus plantings in the province.

There's more. The same Guelph Millennium plant can be productive for more than 15 years. That's about twice as long as competitive varieties. Plus, it doesn't buckle when the mercury dives. Guelph Millennium is now grown as far north as Saskatoon. And thanks to Fox Seeds, Ontario asparagus growers' own brand, Guelph Millennium is even being registered for farmers in chilly Russia.

But while field performance is an important part of the Guelph Millennium story, there are other reasons it's a superstar variety, too.

First, it's high in vitamins such as folic acid, potassium, thiamine and B6. It's a decent source of fibre. And it's low in calories and sodium.

As well, in a happy coincidence, a study showed Guelph Millennium is blessed with significantly higher levels than any other asparagus variety of an antioxidant called rutin, also found in buckwheat, onions and black olives.

In the gut, bacteria convert rutin to a beneficial anti-inflammatory compound called quercetin.

Studies by former Guelph nutrition researcher Dr. Krista Power, now with the University of Ottawa, revealed that even at very low levels, rutin-rich

Guelph Millennium had extraordinary benefits. For example, it helped laboratory mice heal from intestinal damage caused by colitis, a condition that contributes to inflammatory bowel disease (IBD).

Power is hopeful that further testing will show Guelph Millennium can similarly help humans suffering from chronic diseases such as IBD.

"I've profiled many different food-types for their ability to help ease IBD, and I believe rutin-rich asparagus like Guelph Millennium could be a super food for gut health," she says.

Guelph Millennium was developed with support from the Ontario asparagus industry, and from the Ontario Ministry of Agriculture, Food and Rural Affairs. Happy harvesting, and here's to healthy eating.

Are there antibiotics in meat?



Michelle Jaelin

Registered Dietitian, Toronto

I'm curious and a bit confused about the labels around antibiotics and food lately. I figured the best place to start is to ask a farmer why they even use antibiotics.



It's a simple question with lots of complicated answers.

I work hard caring for my animals, which includes keeping them healthy. A veterinarian can prescribe antibiotics if sick chickens need treatment, but that's rare. If we do have to treat, we follow strict withdrawal times to ensure no residues are in our meat. My family eats the same food yours does and we take our commitment to caring for chickens and producing healthy, affordable food seriously.



Andrea Veldhuizen

Chicken Farmer, Niagara Region

Let's continue the conversation #BestFoodFacts • @FoodIntegrityCA • www.BestFoodFacts.org

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Dino World

BADLANDS

A dream come true for dinosaur fanatics

Sean Plummer

What kid doesn't dream of visiting a place called Dinosaur Provincial Park? Spanning 70 square kilometres of southeastern Alberta, this prehistoric oasis is where 150 intact dinosaur skeletons have been found and 150 species discovered.

In 1883, Thomas C. Wes-

ton, a member of the Geological Survey of Canada, was the first person to explore the area and publish his findings. While today the region is called the Canadian Badlands, 75 million years ago the area was subtropical, with lush forests of sycamore and magnolia, and rivers that teemed with turtles, crocodiles, and fish — perfect conditions for preserving dinosaur bones.

Established in 1955, the park today is a popular destination for dinosaur lovers both amateur and professional.

Visitors can hike or take guided bus tours in the summer, though some areas are restricted for paleontological research.



Approximately 150 intact dinosaur skeletons have been discovered at Dinosaur Provincial Park in Alberta. ISTOCK

Shot of whisky with a taste of toe

It's 1973 in Dawson City, Yukon, and an eccentric local named Captain Dick finds a preserved human toe in a jar. What would follow is a strange tradition that lives on to this day.

At Dawson's Downtown Hotel, customers can order a Sourtoe Cocktail, a shot of Yukon Gold whisky with a real pickled human toe in the glass, which drinkers have to touch to their lips.

Over the years, more than a dozen toes have been lost, stolen or, gulp, swallowed.

SEAN PLUMMER



Liz Beddall downs the Sourtoe cocktail with no hesitation, giving the toe a kiss along the way.

TORSTAR FILE PHOTO



Quebec dominates the syrup market

When a Time magazine business writer called Quebec the Saudi Arabia of maple syrup in a 2012 article, he wasn't kidding. The province produces 77 per cent of the world's supply, and the Federation of Quebec Maple Syrup Producers regulates

how much of it hits world markets.

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Forecasting a nurse shortage



Veronique Boscart, president of the Canadian Gerontological Nursing Association. CONTRIBUTED

BABY BOOMERS

Many nurses are set to retire in the coming decade

Jen Taplin

Baby boomers are steaming ahead into retirement and will soon need seniors' care, putting an added strain on nurses across the country. The Canadian Nurses Association said there could be a shortage of about 60,000 nurses by 2022.

Many nurses are set to retire in the coming decade or two and at 53, Catrin Brodie is one of them. She's the president of the Gerontological Nurses Association of B.C. She said many health authorities are realizing many nurses will retire and have opened up scopes of practice for other health care providers, like licensed practical nurses, to take over some of the tasks traditionally performed by registered nurses.

"In residential care, for instance, there are way more licensed practical nurses now than registered nurses because they just can't find enough of them," Brodie said. "The health authority is starting to have to shift who

+ GERONTOLOGY

It can be tough to encourage young nurses to go in gerontology. "What I try to tell people is it is actually sexy because a lot of students think 'oh looking after older adults, how boring' but it's not," Brodie said. "You almost have to be a sleuth to look after seniors." For example, it

isn't usually difficult to diagnose a urinary tract infection in a younger adult but a senior could become delirious and confused, making it hard for a nurse to understand what's wrong. "Really it's a lot more complicated and uses a very high-skilled critical thinking," she said.

are looking after patients because of not being able to get enough skilled professionals. It's a bit of a concern."

Already the culture of patients in residential care is changing, Brodie added.

"Something we're going to have to look at is a policy on marijuana, and we never had to think about that before but a lot of our baby boomers grew up in the '60s, did a lot of pot, and they're still doing pot," she said. "How do we in the health authority deal with that when we have a lot of no-smoking policies?"

Veronique Boscart, president of the Canadian Gerontological Nursing Association said several gerontological nurses across the country met last week to discuss the shortage and solutions.

"There definitely is not enough of us," she said.

Health facilities are short

staffed, Boscart said, and not just nursing but other health professions as well and mistakes are being made because of shortages.

Instructor shortage

It's not just nurses that will soon be in short supply, but nursing instructors as well. Brenda Sabo, professor at Dalhousie's School of Nursing in Halifax, said there will likely be a shortage of nursing professors across Canada in about five years by at least 1,000.

"We're an aging cohort I would say," she said.

Only about two per cent of registered nurses have their Ph.D's, she said, but many nurses who have their master's degree also teach.

Veronique Boscart, president of the Canadian Gerontological Nursing Association, said not only is there not enough instructors, but even fewer have gerontologic-

al expertise. Outside of maternity wards and a few others, many patients are over 60 and nurses need to know how to care for them.

Boscart said it is often assumed all nurses can take care of older adults, but it's not the case. Older adults are often complex patients who require another level of understanding, communication and care. In nursing schools, very little of the curriculum covers gerontology, Boscart said.

"It's really kind of a circle. The next generation of nurses struggle with providing care for seniors and so if you're going to have an increase in seniors and complexity, it's a bit of a double whammy," she said.

There's also an assumption that gerontology is not really a specialty, Boscart said, and many instructors feel they just need to touch on the subject for nurses to know enough.

"And that's not true, we know that," Boscart said.

Catrin Brodie, president of the Gerontological Nurses Association of B.C., said older adults are often more challenging patients and require more expertise.

"Working with older adults you have to speak slower, be a bit more patient and repeat yourself a couple times, but also respecting their great wisdom and life experience," she said. "It takes a really special nurse to love that work."

Recognizing the efforts of a 'nurse-of-all-trades'

A nurse in the north has to be everything: social worker, mental health therapist, health provider and yes, even a veterinarian.

"I don't think there's a more exciting profession when you're up here because you do everything," said nurse-of-all-trades Sandra Chapman from North Spirit Lake in northern Ontario.

Any given day she can be giving immunizations, delivering babies, doing mental health counseling and drug and alcohol addiction therapy.

"I have taken fish hooks out of I don't know how many dogs' mouths and fixed their paws because there are no vets here," she said.

It was a big change for an urbanite like Chapman. She grew up in Liverpool, England. She wanted to be a nurse ever since reading a series of books as a child about a nurse called Cherry Ames. She graduated from nursing school in 1966 and emigrated to Canada in 1972.

She worked in St. Mary's hos-

You have to love the people, you have care about the people.

Sandra Chapman

pital in Kitchener for over 30 years, half in labour and delivery and the other half in the emergency department. She also worked at the sexual assault treatment centre.

"I didn't really want to retire because I loved the emergency room but I just felt it was getting crazy in emergency rooms in Ontario and I wanted something different."

One Sunday in church a speaker said when people retire they should reach out and try new challenges. She was immediately inspired and told her husband she wanted to work up north. She gave in her notice

the next day.

For a year Chapman and her husband, who was retired, lived in Kashechewan. Her husband passed away and she moved to Big Trout Lake and worked there for 10 years until this summer when she transitioned to part time in North Spirit Lake.

"You have to love the people, you have care about the people," she said. "First Nations people have many problems but they are lovely people, they have a wonderful sense of humour and they're very truthful and they're very easy to work with in that regard."


Chapman said she loves the north and has learned new skills like building a fire in the snow to brew tea.

"It's beautiful in the north. It's kind of strange because I'm a big city girl really — born in Liverpool, lived in Kitchener — but I absolutely love the north. The air is so fresh and there are trees and water everywhere."

JEN TAPLIN



Sandra Chapman receives Health Canada's 2016 Awards of Excellence in Nursing. CONTRIBUTED



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The key role of community services

ENOUGH RESOURCES

Community health helps ease the strain on hospitals

Jen Taplin

Boosting community care is the key to making sure there is enough health care to go around, according to Barb Shellian, president of the Canadian Nurses Association.

People who have nowhere else to go tend to cause added strain in hospitals, she said.

"If we build up community services then we likely have enough resources in our facility-based services, if we have the right people in the right place."

As the baby boomer generation ages, the trend is for seniors to stay home instead of living in institutions. Community services would support that, plus ease the strain on hospitals and other facilities.

"Nursing really started as a



As the baby boomer generation ages, the trend is for seniors to stay home instead of living in institutions. Community services would support that. ISTOCK

community endeavor," Shellian said. "The history of nursing shows us that nurses can work in diverse and varied settings."

Plus community services

means more than providing health care to seniors in their homes, she added. It's also about working in schools, helping teenagers with chronic illnesses, new mother vis-

its and many other services.

"There are a lot of ways we can enhance and sustain the health care system by providing the community supports."

A shortage of nurses as de-

mand increases is concerning, but statistics which show slightly more nurses are entering the workforce than leaving it is a small ray of hope.

+ BACKGROUND

Nursing vacancies are magnified in northern, remote communities, Shellian said.

Sandra Chapman, a nurse who works in northern Ontario, said most nurses who are interested in remote posts are either retired or are recent graduates.

"But that's not good – you don't want somebody up here without experience," she said.

"There are times where you are up for 24 hours because what do you do if you have a big emergency and the weather is bad and the plane can't fly in to collect the patient?"

"I also know the interest in nursing has not decreased," Shellian said. "The interest is there and people want to be nurses...so to me, that's optimistic. If no one was interested in going into nursing and we were going to be having a shortage I'd be a little more nervous."

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Regretful Casey criticizes Raps after Cavs sweep series

NBA PLAYOFFS

'We could have played better in first 3 games,' the coach said

Dwane Casey asked his team to play with pride.

Facing an ugly ending to a season that had held so much promise, the coach didn't want them to go down without a fight. They responded. But in the minutes after the Toronto Raptors' season came to an end in a four-game sweep by Cleveland in the Eastern Conference semi-finals, Casey lamented the three lackadaisical efforts earlier in the series.

"It's tough," Casey said. "We know we could have played better in the first three games. We didn't."

"Today, I thought the guys played. In that do-or-die situation, guys can easily pack it in. I thought our guys played with grit, toughness, togetherness. I think it's a testament to their character and the culture that those guys have created. We all want to win. I don't know if

we're there yet. We're knocking on the door."

Serge Ibaka scored 23 points, while DeMar DeRozan added 22, and the Raptors, coming off three consecutive blow-outs, took Cleveland to the final couple of minutes before dropping a 109-102 decision to the defending NBA champion on Sunday.

"At the end of the day, you gotta give (Cleveland) credit," said a downcast DeRozan, his young daughter Diar — dressed in a white sequined No. 10 Raptors jacket — propped on his lap. "They're a hell of a team for a reason. They got one of the greatest players of all time (LeBron James).

"It's on us to let this sink in and understand we gotta come back extremely better, individual and team-wise. It's something that we got great experience with playing these guys two years in a row. We just gotta figure it out. We gotta figure it out."

It was Toronto's first playoff sweep since the opening round against Washington in 2015. Now the Raptors head into an off-season of uncertainties, including questions around the future of Casey and Kyle Lowry,

GAME 4 In Toronto



Raptors guard DeMar DeRozan drives to the basket against LeBron James of the Cavaliers on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

who plans to opt out of the last year of his contract and become a free agent.

"It's hard to break down a team that won 50-plus games two years in a row, with the core guys," DeRozan said. "That's on upper management. Us as players, we've gotta be ready for whatever. The guys that are free, the guys that are coming back, we've gotta understand, we've gotta work on our game, become better, and leave it up to the front office to figure out

everything else."

LeBron James had 35 points to top the Cavs, who dispatched the Raptors in six games in last season's Eastern Conference final. Kyrie Irving had 27 points, while Kyle Korver finished with 18.

Cory Joseph, who started for the second straight game in place of an injured Lowry (ankle) had 20 points and 12 assists, while P.J. Tucker, who was draped all over James on the defensive end, finished with

14 points and 12 rebounds.

James applauded Tucker's defensive efforts, saying "Any time you go against someone who wants to compete, you respect that and P.J. has been like that since we were kids. He's always been a guy that at the end of day is never going wonder if he left it all on out there and as a competitor I can always respect that."

The Cavs won the first three games 116-105, 125-103, and 115-94. THE ASSOCIATED PRESS

IN BRIEF

MacKinnon tricks Slovenia for Canada at worlds

Nathan MacKinnon scored a hat trick to lift Canada to a 7-2 win over Slovenia at the world hockey championship on Sunday. The win at AccorHotels Arena in Paris improved Canada's record to 2-0.

MacKinnon also added an assist while Colorado Avalanche teammate Tyson Barrie had a goal and three assists. Brayden Point, Mitch Marner and Jeff Skinner also had goals for Canada while Travis Konecny added three assists. THE CANADIAN PRESS

Biagini helps Blue Jays edge Rays on the road

Joe Biagini and four relievers combined on a three-hitter, Darwin Barney hit a tiebreaking homer in the eighth inning and the Toronto Blue Jays beat the Tampa Bay Rays 2-1 on Sunday.

The Blue Jays took two of three from the Rays to win a road series for the first time this season (1-4-1). It also was just the fifth time in 31 tries since 2007 that Toronto won a series at Tropicana Field (5-23-3). THE ASSOCIATED PRESS

Stenhouse Jr. earns his first NASCAR Cup win

Ricky Stenhouse Jr. used a strong Ford engine to blow past Kyle Busch in overtime at Talladega Superspeedway on Sunday for his first NASCAR Cup victory.

It was the first victory for Roush Fenway Racing since Carl Edwards at Sonoma in 2014. Jamie McMurray finished second in a Chevrolet followed by Busch in a Toyota. THE ASSOCIATED PRESS

Predators make franchise history by beating Blues

Ryan Johansen scored the game-winner in the third period and the Nashville Predators advanced to their first Western Conference final in franchise history Sunday by beating the St. Louis Blues 3-1 to take the series in six games.

The Predators won their ninth straight playoff game in Nashville going back to last post-season. THE ASSOCIATED PRESS

NHL PLAYOFFS

Fleury's leaky Game 5 display a worry for Penguins



Sidney Crosby played 19:10 on Saturday, the most among Penguins forwards, and had an assist in his return to the lineup five days after being concussed. BRUCE BENNETT/GETTY IMAGES

Three goals in five minutes sparked sing-song chants of "FLEURY! FLEURY!" and might've planted enough of a seed of belief for the Washington Capitals against the Pittsburgh Penguins.

All series the Capitals had struggled to beat goaltender Marc-Andre Fleury, but he allowed four goals on 32 shots in the Penguins' 4-2 loss in Game 5 Saturday night, probably his worst performance of the playoffs. Pittsburgh still leads the series 3-2 going home for Game 6 Monday night, so the pressure remains on Presidents' Trophy-

133 of 142

Number of shots Fleury stopped in first 4 games.

winning Washington, but finally cracking Fleury could make all the difference.

Fleury had stopped 133 of 142 shots through four games, making a mockery out of the core fundamental of hockey that having the puck more and putting it on net leads to success. He was the

much hotter goaltender than reigning Vezina Trophy winner Braden Holtby, who outduelled him in an emotional Game 5 as the Capitals avoided elimination.

"We take good moments of the game and move forward," captain Alex Ovechkin said.

The best moments were when they got the puck past Fleury, the 2009 Stanley Cup winner who was Matt Murray's backup on the Pens' title run a year ago and is only starting because of his injury. If Fleury has sprung a leak, the Capitals have the talent to make him pay. THE ASSOCIATED PRESS

MAKE IT TODAY

Decadent Chocolate Raspberry Smoothie



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

The classic pairing makes its debut in your morning smoothie making it a decadent but healthy way to start the day.

Ready in 10 minutes

Prep time: 5 minutes
Cook time: 5 minutes
Serves 2

Ingredients

- 1 cup frozen raspberries
- 1/2 cup frozen strawberries

- 1/2 cup chocolate almond milk
- 1/4 cup milk
- 1/4 cup plain Greek-style yogurt
- 1 Tbsp maple syrup
- 1 Tbsp chocolate chips or cacao nibs

Directions

1. Place all the ingredients in your blender and whiz until smooth.

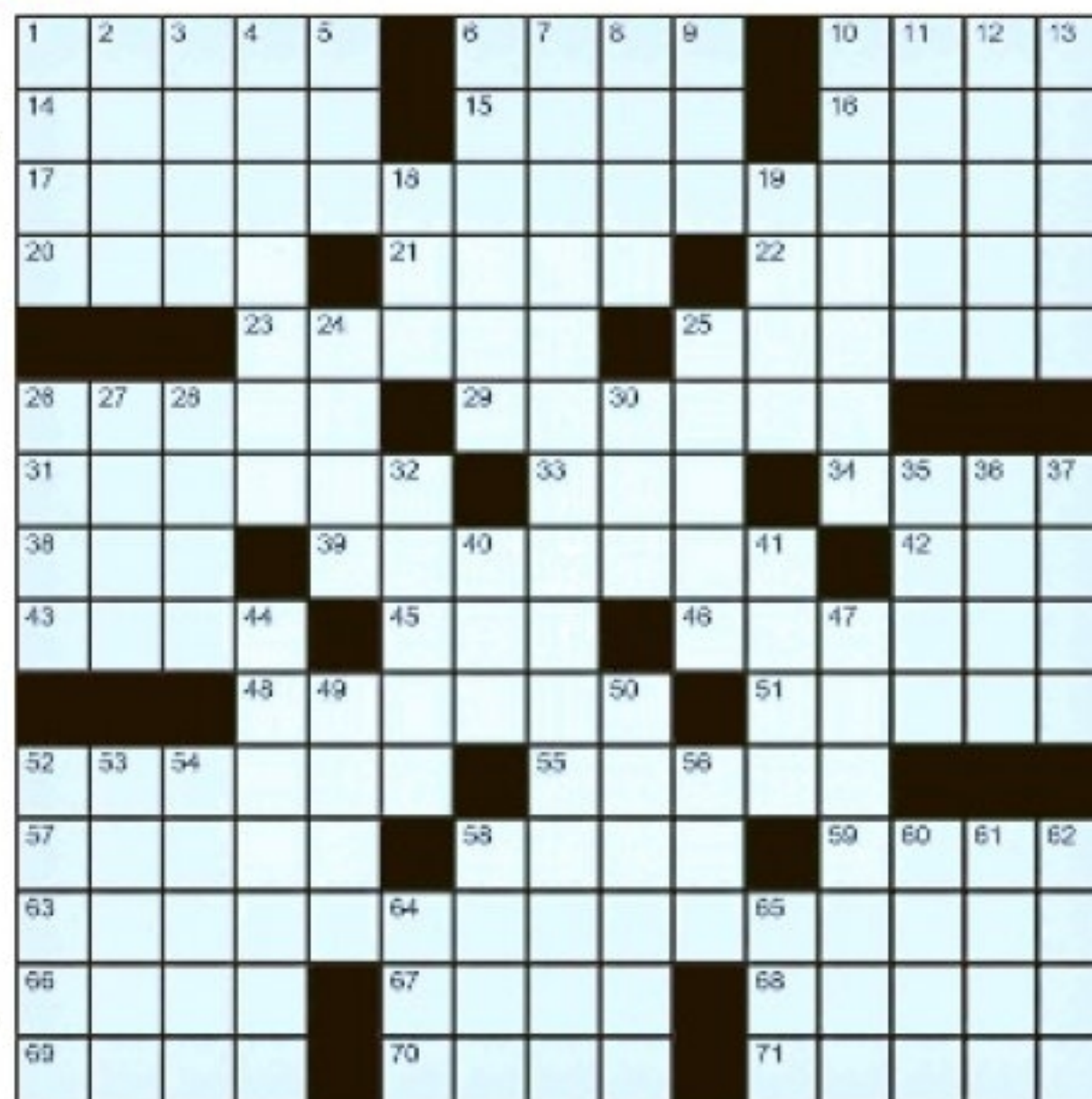
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Peppery salad herb, Garden _
6. _ daisy
10. _ seeds (Health food store purchase)
14. Ms. Kelly of "Friday Night Lights"
15. "You gotta be kidding!"
16. Hamilton's _ Village
17. Canadian drama which starred Nicholas Campbell as a Vancouver coroner: 3 wds.
20. Scrape, as spoken sound
21. Muffins-making milieu
22. Excessive
23. Rice dish
25. Dishes de-sudsing-izer
26. Presentation-giver's device, _ pointer
29. Mistaken-for-a-wolf animal
31. Open a gift
33. Mouse's lab pal
34. Certain chordophone
38. Comic actress Ms. Gasteyer
39. Made a witty remark
42. "Video Games" singer, Lana Del _
43. Mail org. in The States
45. Martial Art, _ Chi
46. Subdued
48. Charles or William or Harry
51. Mr. Millan aka 'The Dog Whisperer'
52. Backstreet Boys member A.J.
55. Characteristics of walrus



57. In the lead
58. Gigantic
59. Gull-like bird
63. Indigo and Coles in Canada: 2 wds.
66. Coastal bird
67. _ Sound, Ontario
68. Calgary neighbourhood

69. Television producer Norman
70. "If all _ fails..."
71. Painter's artwork base

DOWN

1. RCN rank
2. Music trade org.

3. E-Mails eliminate the need for 'em
4. "Gilligan's Island" role, with The
5. _ Diego
6. 1951 mainframe computer
7. Emulate a fashion model on a shoot: 3 wds.

8. Washer cycle
9. Yearning
10. England's nickname connected to France
11. Minds
12. Put forth
13. Michaelmas daisy
18. Row's opp., as on

- a spreadsheet
19. Leave a job
24. Baghdad's country
25. Routines
26. Honolulu banquet
27. Ms. Jillian's
28. Exchange
30. Slang-style mouth
32. Russian leader Vladimir
35. Latin for 'city'
36. Prefix meaning 'Trillion'
37. Observer
40. Sir McKellen
41. Wharf
44. Parliament Hill job, _ of the House
47. Telephone _ (What the caller left)
49. Vintage house heaters, for short
50. Playwright Mr. O'Neill
52. Silent movies star Ms. Normand (b.1892 - d.1930)
53. Lopping the lawn or doing the dusting
54. "Bleeding Love" singer Ms. Lewis
56. L'il bit of "60 Minutes"
58. Wolf's wail
60. "The _ in the Hall" (Canadian sketch classic)
61. Some, in French: Quelques- _
62. "It should come _ surprise that..."
64. Shoe part
65. Take it all

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a prickly Monday, so be cautious. Close friends and partners will surprise you by being moody or demanding, or wanting more freedom. Tread carefully!

Taurus April 21 - May 21
Your routine will be interrupted today by computer crashes, canceled appointments, power outages — something. Give yourself extra time so that you will have wiggle room to deal with this.

Gemini May 22 - June 21
This is an accident-prone day for your kids, so be vigilant. Social occasions might be canceled or rescheduled. Ditto for sports. Yikes!

Cancer June 22 - July 23
Small appliances might break down, or minor breakages could occur because your home routine will be interrupted. A surprise visitor might knock on your door. Stock the fridge.

Leo July 24 - Aug. 23
This is a mildly accident-prone day. Pay attention to everything you say and do. Keep your eyes open to avoid a physical accident or verbal gaffes.

Virgo Aug. 24 - Sept. 23
Keep an eye on your money today, because something unpredictable might happen. You might find money, or you might lose money. Your possessions might be stolen, broken or lost.

Libra Sept. 24 - Oct. 23
It's hard to predict what people will do today. And you feel the same way, which is why you might change your mind spontaneously today and take off in a new direction.

Scorpio Oct. 24 - Nov. 22
You feel restless today. You have the feeling like you're waiting for the other shoe to drop. Don't bother — it is invariably ugly and in the wrong size.

Sagittarius Nov. 23 - Dec. 21
A friend will surprise you today by saying or doing something unusual. Conversely, you might meet someone who's a real character.

Capricorn Dec. 22 - Jan. 20
Be careful when talking to bosses, parents and VIPs today, because things will not unfold as you expect. Do not be offended.

Aquarius Jan. 21 - Feb. 19
Travel plans will change today — almost certainly. Double-check details, and make sure you know what's happening.

Pisces Feb. 20 - March 20
Agreements about shared property, taxes, debt and inheritances might suddenly fall through today or be changed. Stay on top of this so that you are not caught off guard. In a situation like this, information is power.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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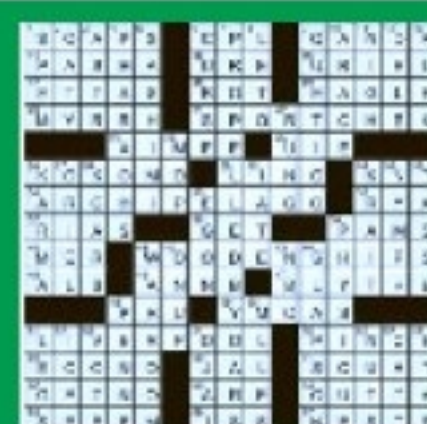
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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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**THERE'S
A DREAM
WE SHOULD
ALL KNOW
ABOUT.**

**A MAKE THE WORLD A BETTER
PLACE KIND OF DREAM.**

**IN THIS DREAM, WE ALL GET
TO WHERE WE WANT TO GO.**

**THERE ARE LESS LADDERS.
MORE HELPING HANDS.**

**SUCCESS IS MEASURED
DIFFERENTLY IN THIS DREAM.**

**HOW MUCH YOU MAKE A
DIFFERENCE IS MORE IMPORTANT
THAN HOW MUCH YOU MAKE.**

**AND PERSONAL EXPERIENCES
ARE MORE VALUABLE THAN
PERSONAL POSSESSIONS.**

**IN THIS DREAM, PEOPLE
CARE ABOUT PEOPLE
THEY'VE NEVER MET.**

**AND THE BIG IMPORTANT
CHOICES ARE MADE FOR OUR
KIDS' FUTURE, NOT JUST OURS.**

YOU CAN SPEAK ANY LANGUAGE.

LOVE WHO YOU WANT TO LOVE.

**EVERYONE IS WELCOME
IN THIS DREAM.**

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**AND IT'S INSPIRING US
TO FIND NEW ROADS
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